

Fundamental Movement Skills 3

Know, Show and Grow Progression

Year 1 / Year 2



This document shows the progression of knowledge (Know), skills (Show) and the development of a child's characteristics (Grow) each week throughout the unit.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Know	To use different amount of power to throw underarm at different targets	How to cooperate with my partner	To travel around the space being aware of other children sharing it with me	To travel around the space being aware of others when playing a game	To bounce the ball at waist height when dribbling	To send the ball away from the fielders
Show	How to bounce a ball	How to kick a ball	How to dodge and change direction when playing a game	How to catch a ball with two hands	To throw an object with an overarm throw	How to kick a ball for distance
Grow	Grow in confidence by attempting new activities in PE	Students will understand how outside of PE being active can make them healthier and happier	Students will know why good posture and balance are important in everyday life	Grow in confidence by attempting new activities in PE	Students will understand how outside of PE being active can make them healthier and happier	Students will know why good posture and balance are important in everyday life